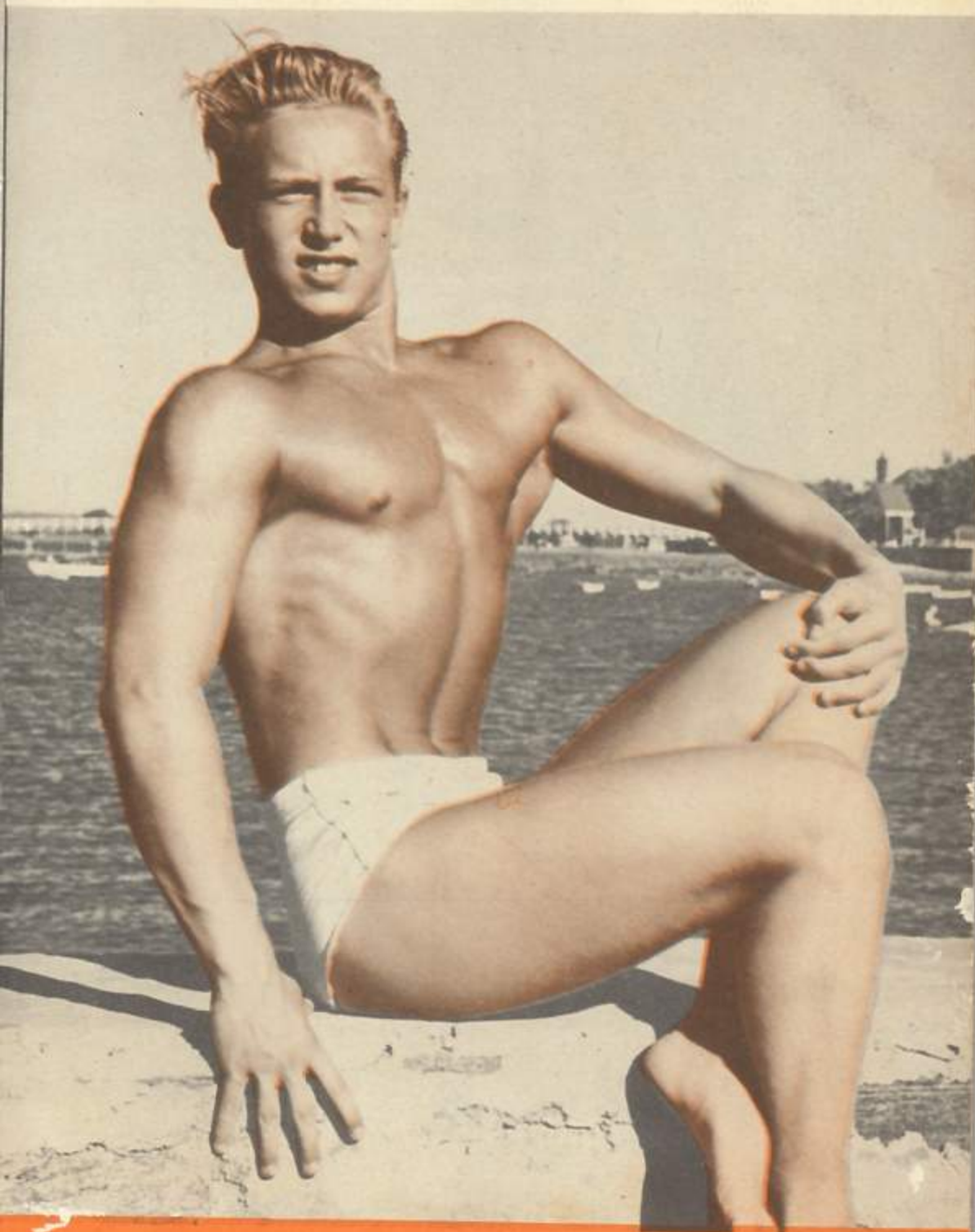


THE AMERICAN PHYSIQUE



50¢

AUGUST

VOL.1 NO.1



HARVEY GREENBERG

Name — Harvey Greenberg

Age — 24

Occupation — Architectural Draftsman.

How long body building ? — 5 years.

How started body building ?

I met a group of fellows on the beach, envied their physical appearance. Like many other people ignorant of the facts, I believed only what I had heard about weight trained athletes. However, that day at the sea shore dispelled all my false notions about weight training and its so-called adverse effects upon the body. It was while watching this group of muscular athletes, going thru a routine of handbalancing and posing that was to change my entire life.

Friendly fellows that they were, they took me "under their wing" and fired in me a desire to improve my body, unnaturally made soft and unattractive by the sedentary nature of my profession.

As a result of my enthusiastic sessions with the weights, I was recently unofficially selected as the "Most Improved Body-builder on the East Coast." Certainly, these photographs by Giardine Studios are evidence of my improvement.

Favorite exercises — As do all body builders, I follow a routine of varied movements for each part of the body. Most of us like what we do last, and I am no different. Having seen that my abdominals responded readily to exercise, I have to some degree spent more time on this group of muscles than some of the others. I suppose I should also include the chest in the mention of favorite exercises, for I spend a good deal of time exercising this body part.

As for the exercises themselves,

- a. abdominals — leg raises, sit-ups, twisting and bending motions, etc. High reps.
- b. chest — dumbbell prones, flying motion, dips on parallel bar, etc. Here also I favor high reps.

For the rest of the body I perform 5 sets of 10 reps per set, thus assuring myself of a well rounded program.

Hobbies — Collect classical records, read (everything from Man and Power — to — Annual Report of the Atomic Energy Commission.) I like also to travel, having already been to many states of the West & South-West, Mexico, Canada, and am now in the midst of planning a vacation in sunny Cuba.

I can only hope that you derive as much joy from life as I do, and that you have the feeling of well being that goes with a strong and attractive body.



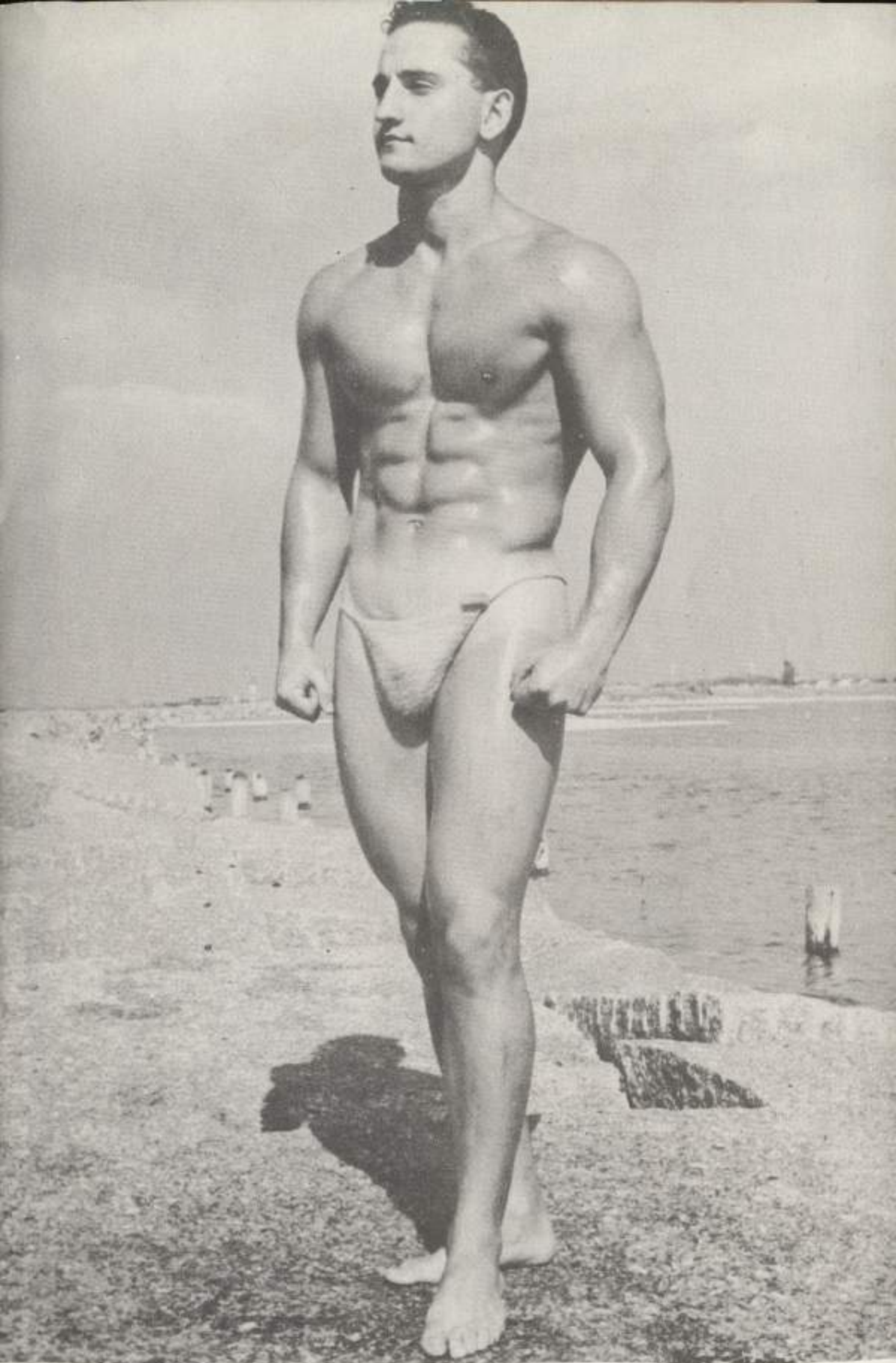
SAL P U M O - B'klyn, bodybuilder's power packed muscles anyone would be proud to own.



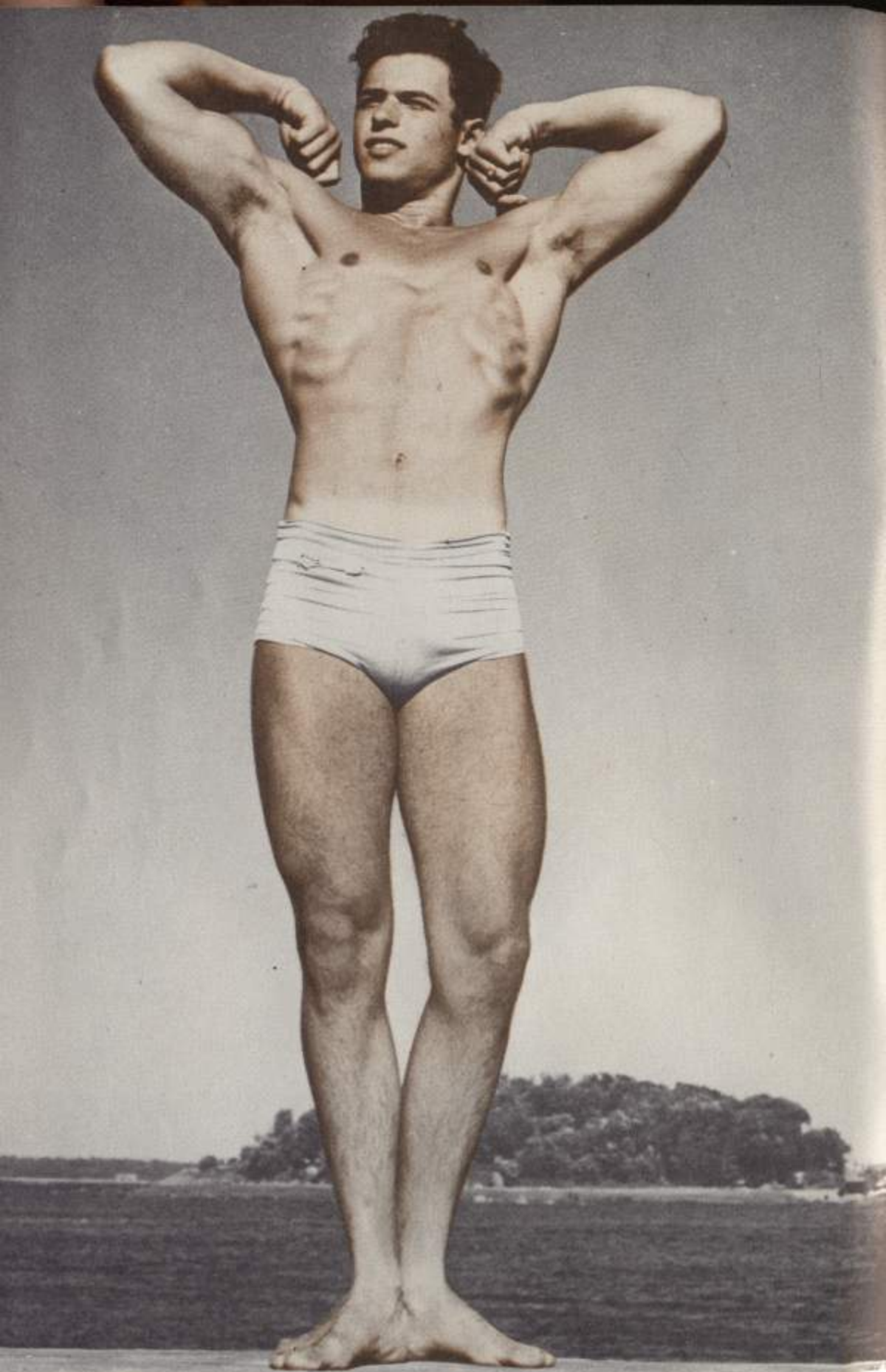
ANGELO CAMINITI – Short but powerful is Angelo. Craves endurance feats. Often challenges his training mates to contests.



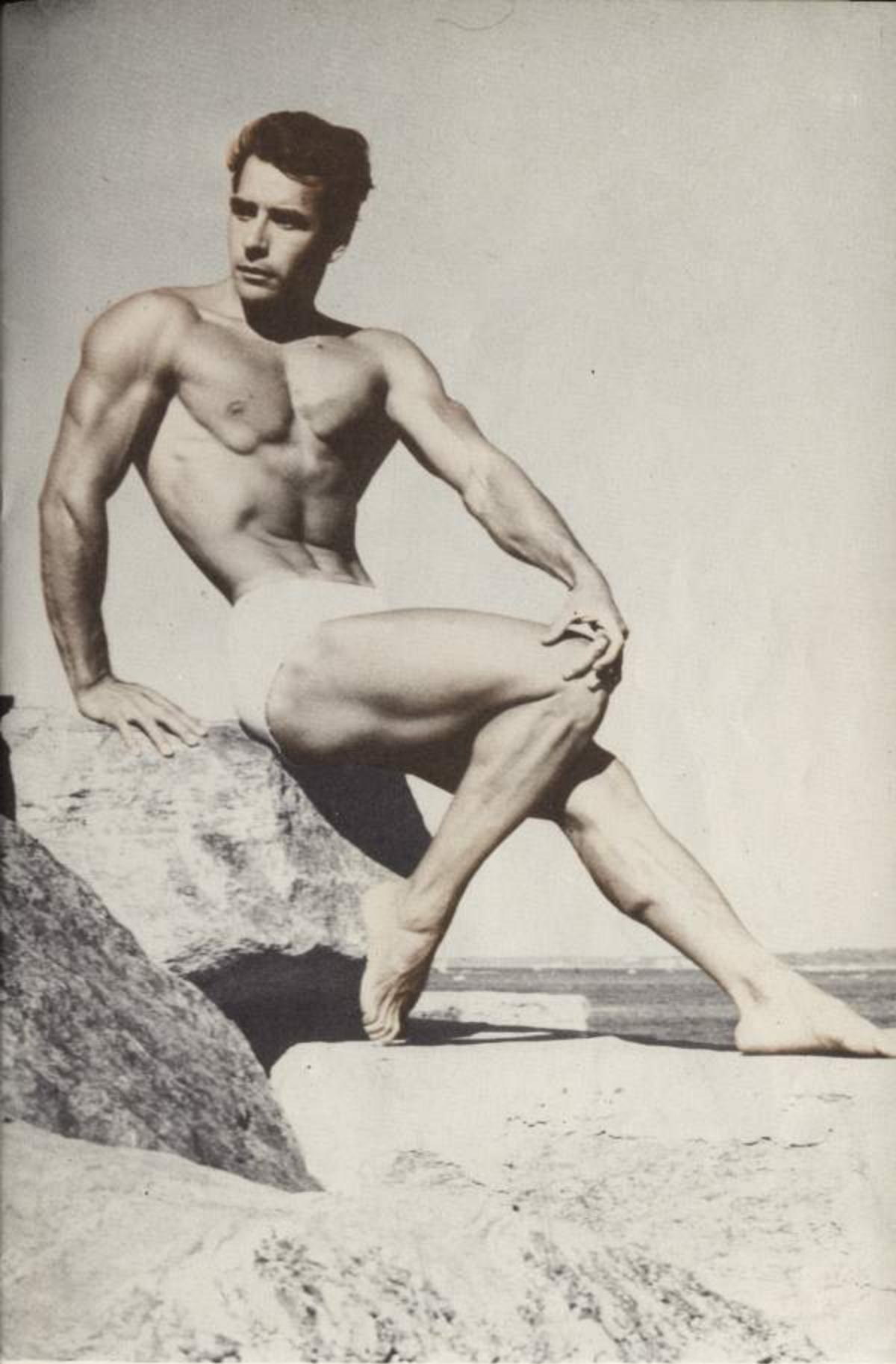
SAL PUMO & BUK KARTILLAN



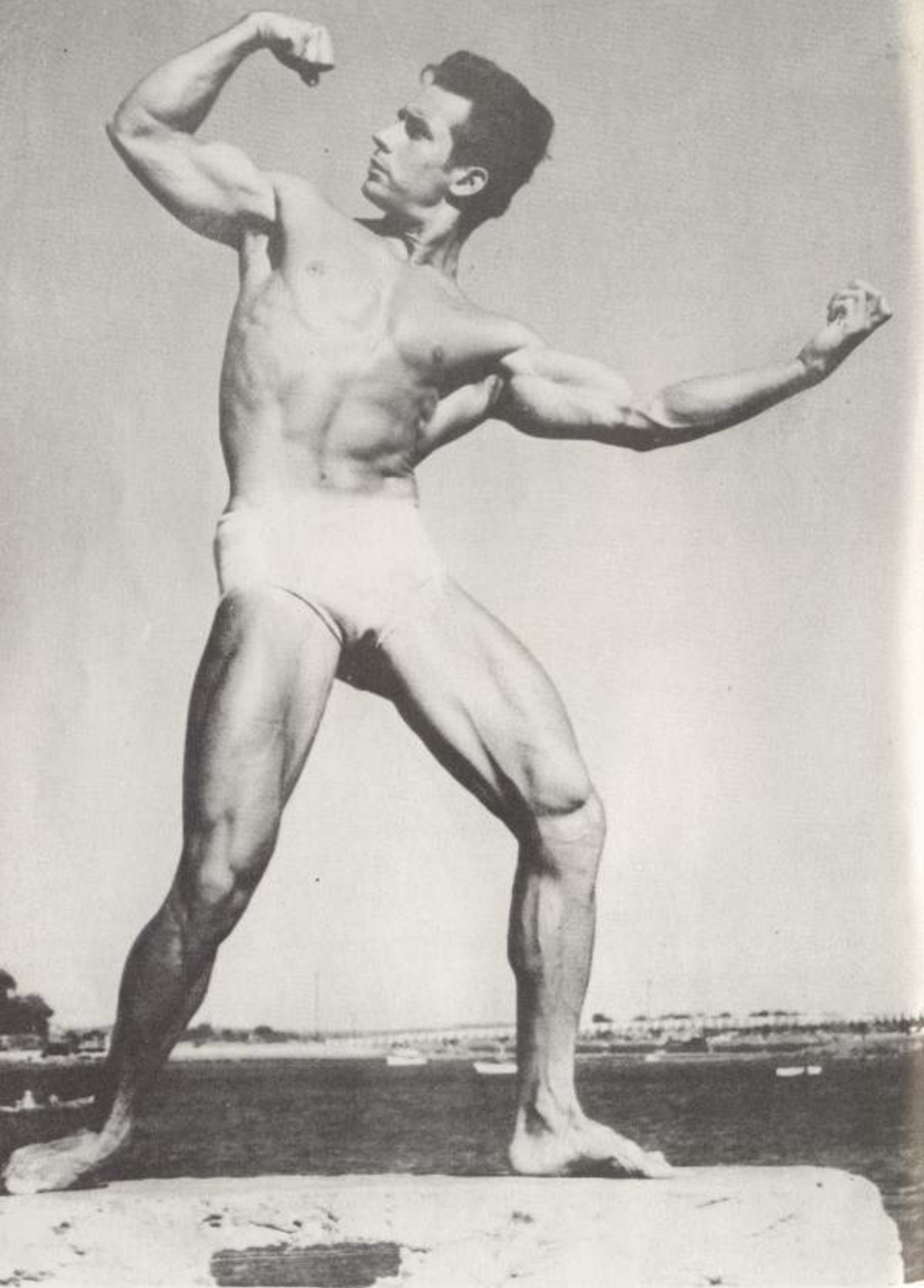
SID LOEV — Bronx boy with plenty to look forward to. Has already placed in contests.



MARTY KATZ - Though a beginner, he will advance very fast because of a good head start.



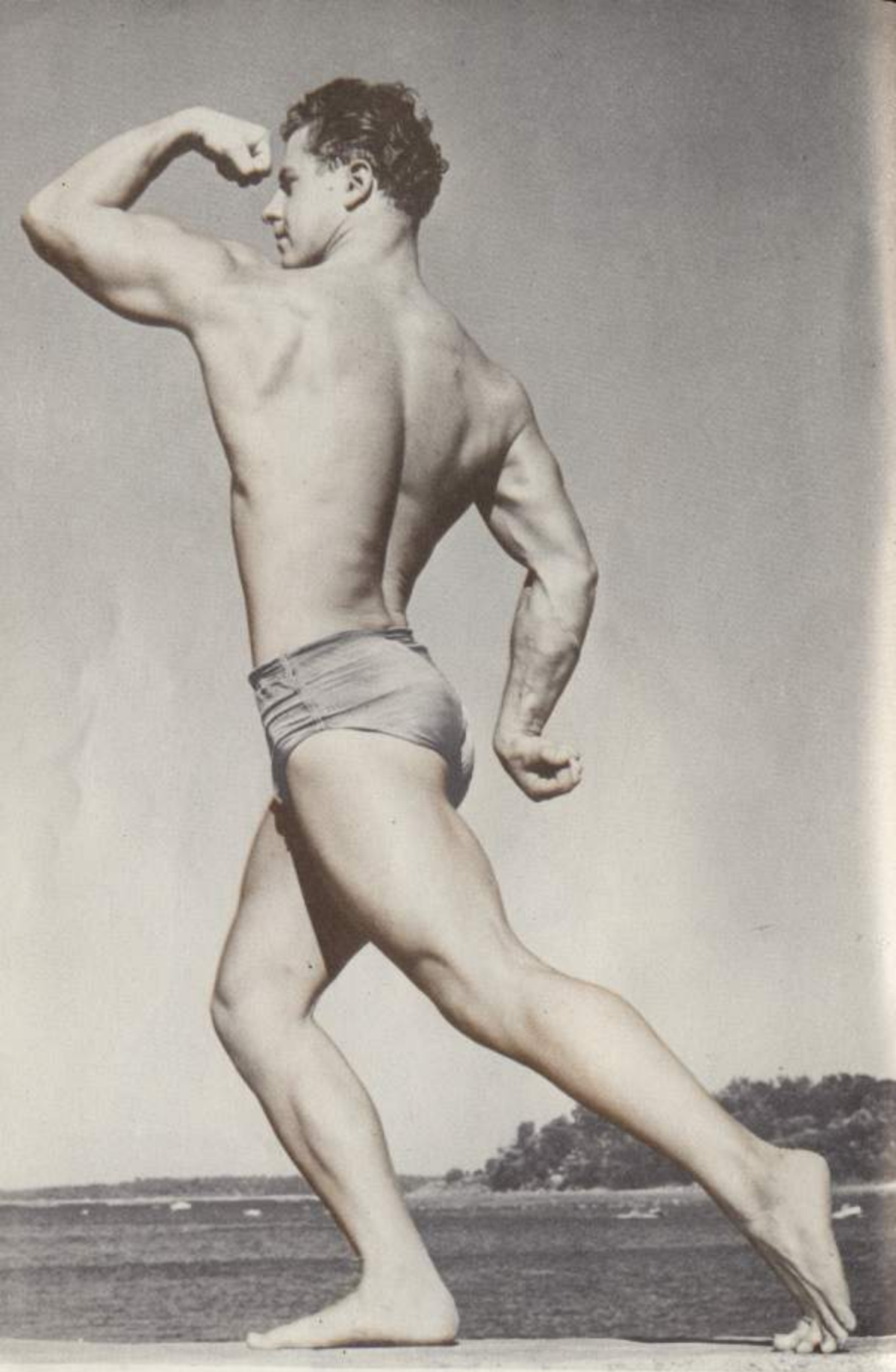
BILL CERDAS



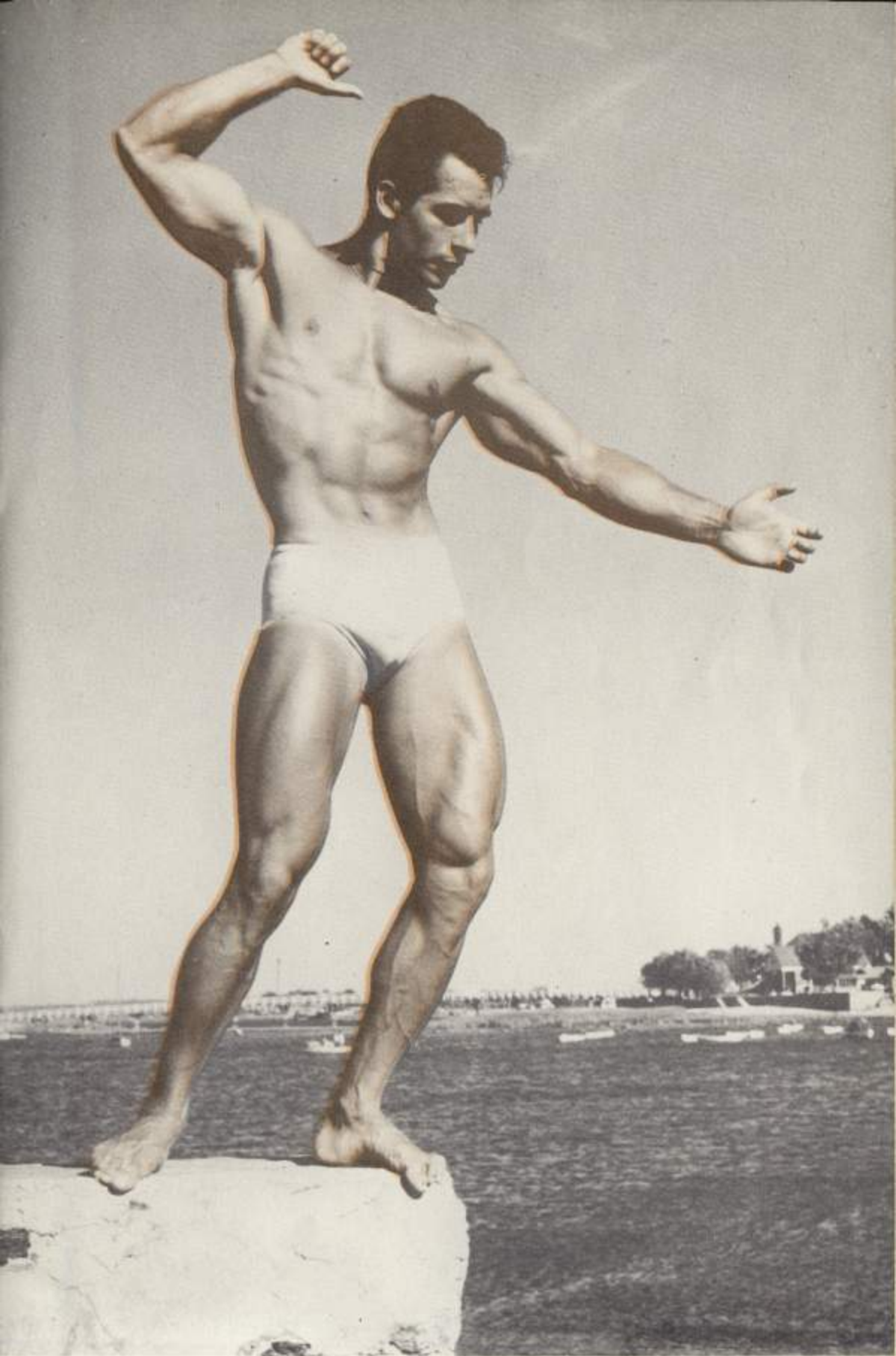
BILL CERDAS - Former Mr. N.Y. title winner. Was placed high in Mr. America contests. He is aggressive, well liked by all his training mates.



ST. CLAIR WARNER



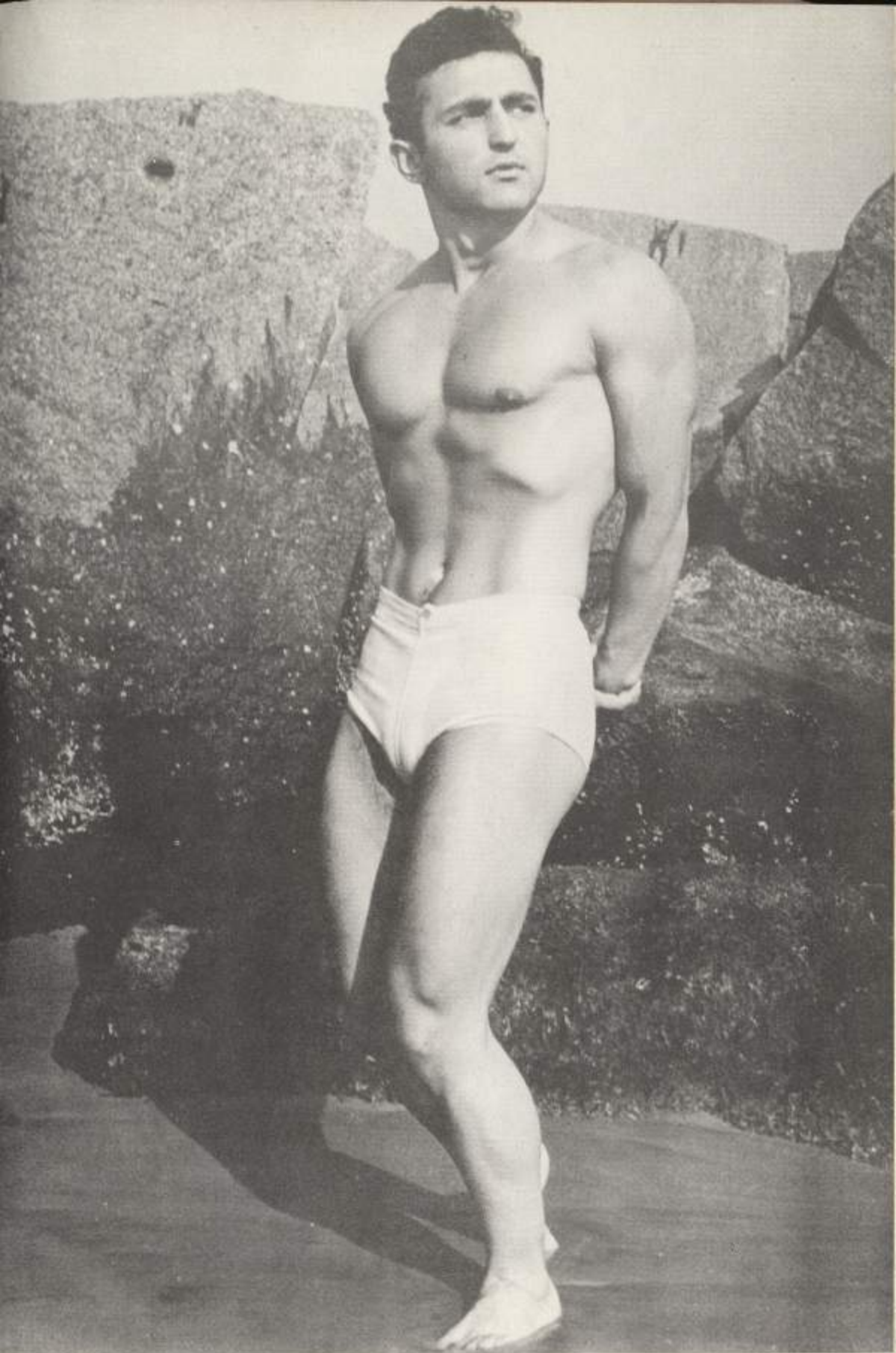
JOE KOYTILA



BILL CERDAS

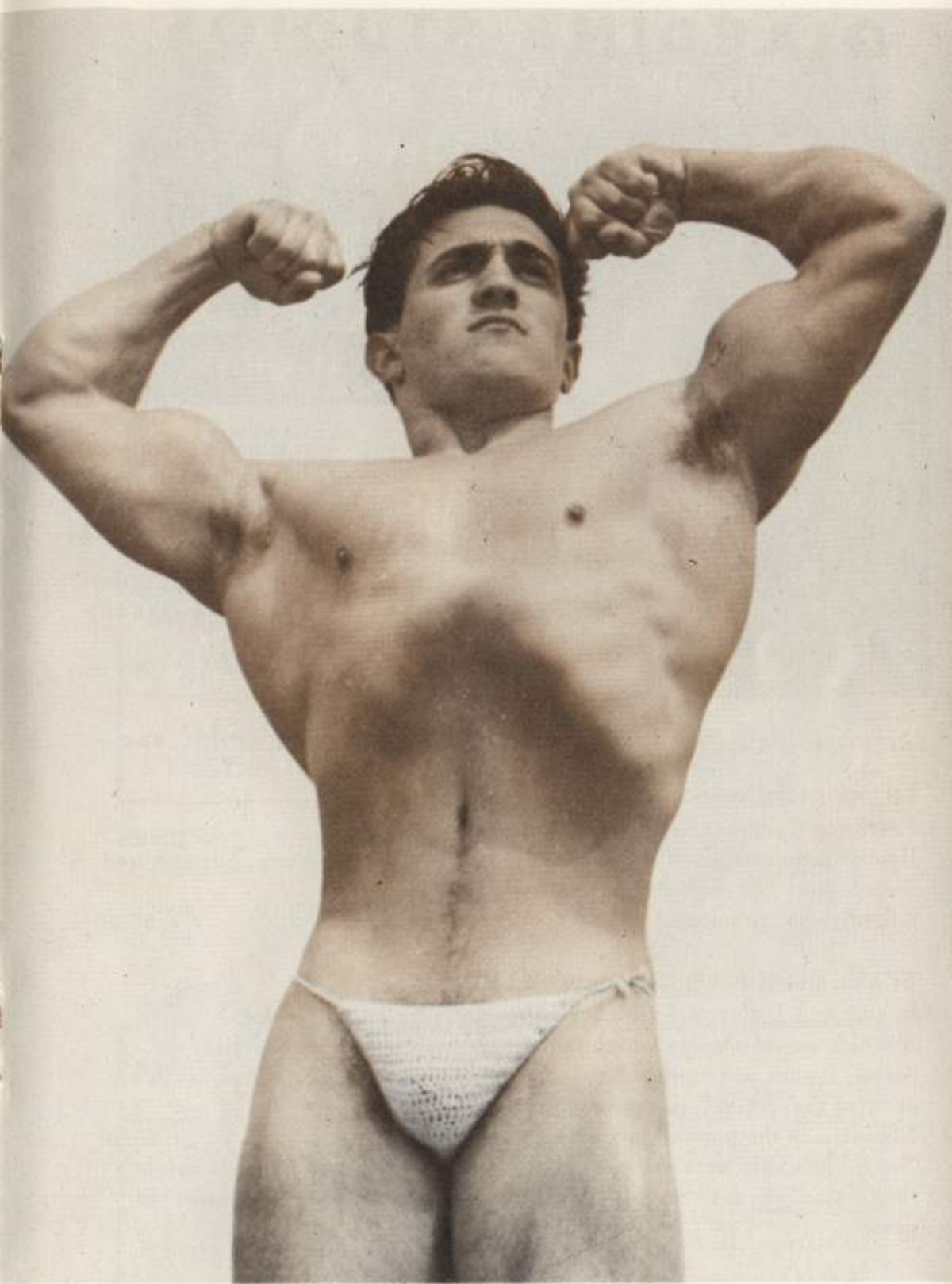


JACK DAMINGAS



SAM CRAM — Brooklyn bodybuilder. Hopes to enter and win in some physique competition some day.





ANGELO CAMINITI

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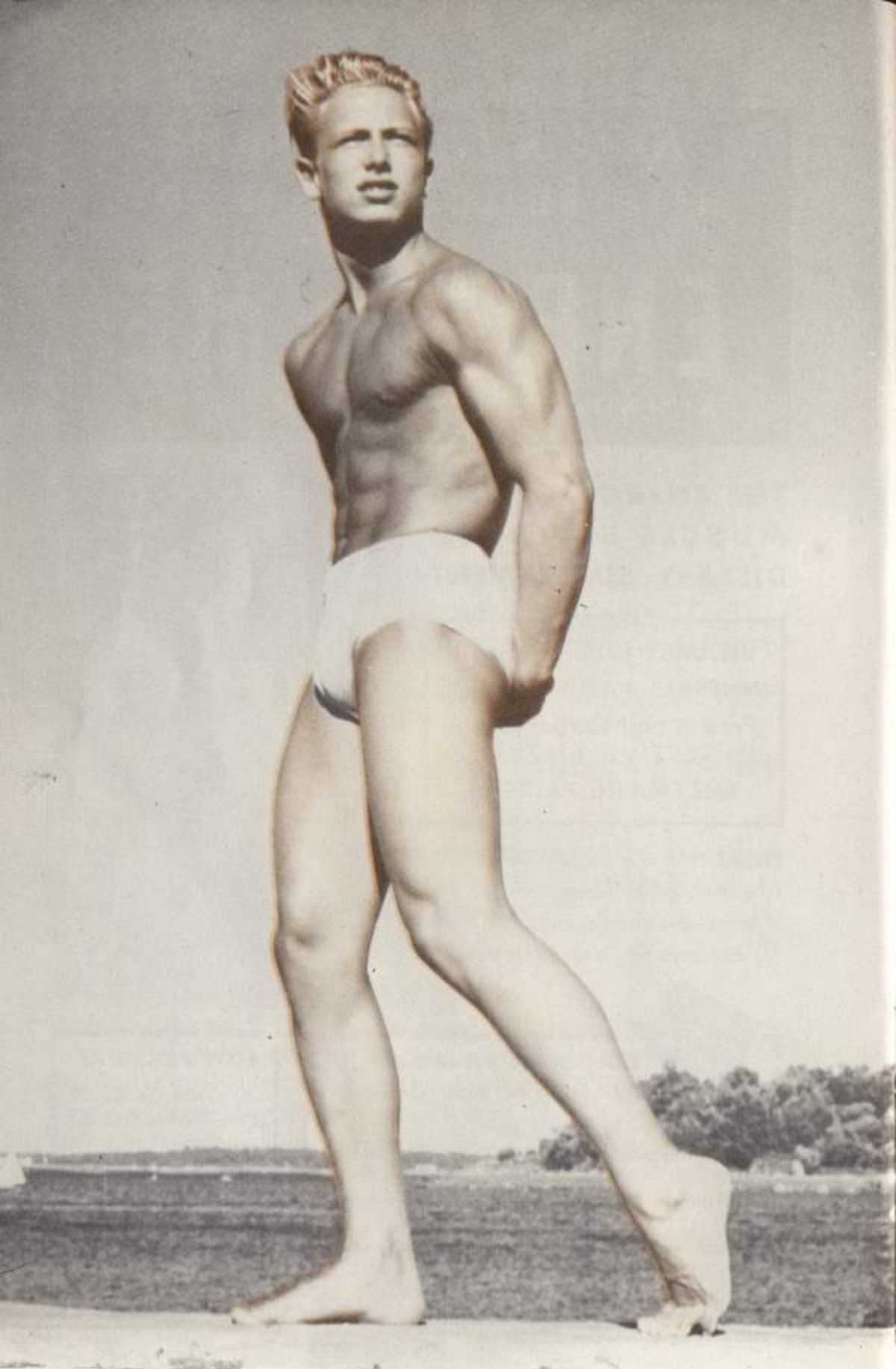
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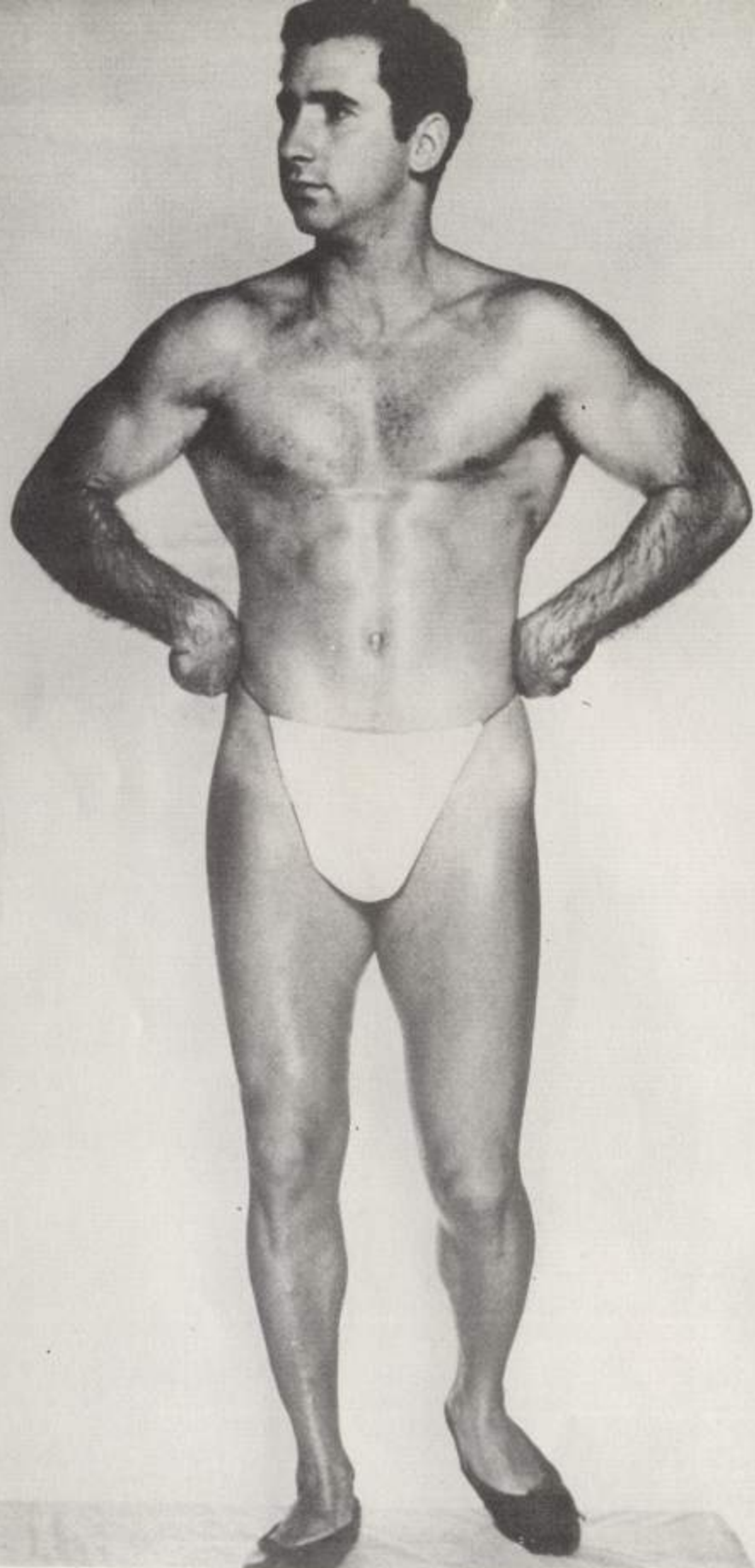
CONSUMER VITAMINS



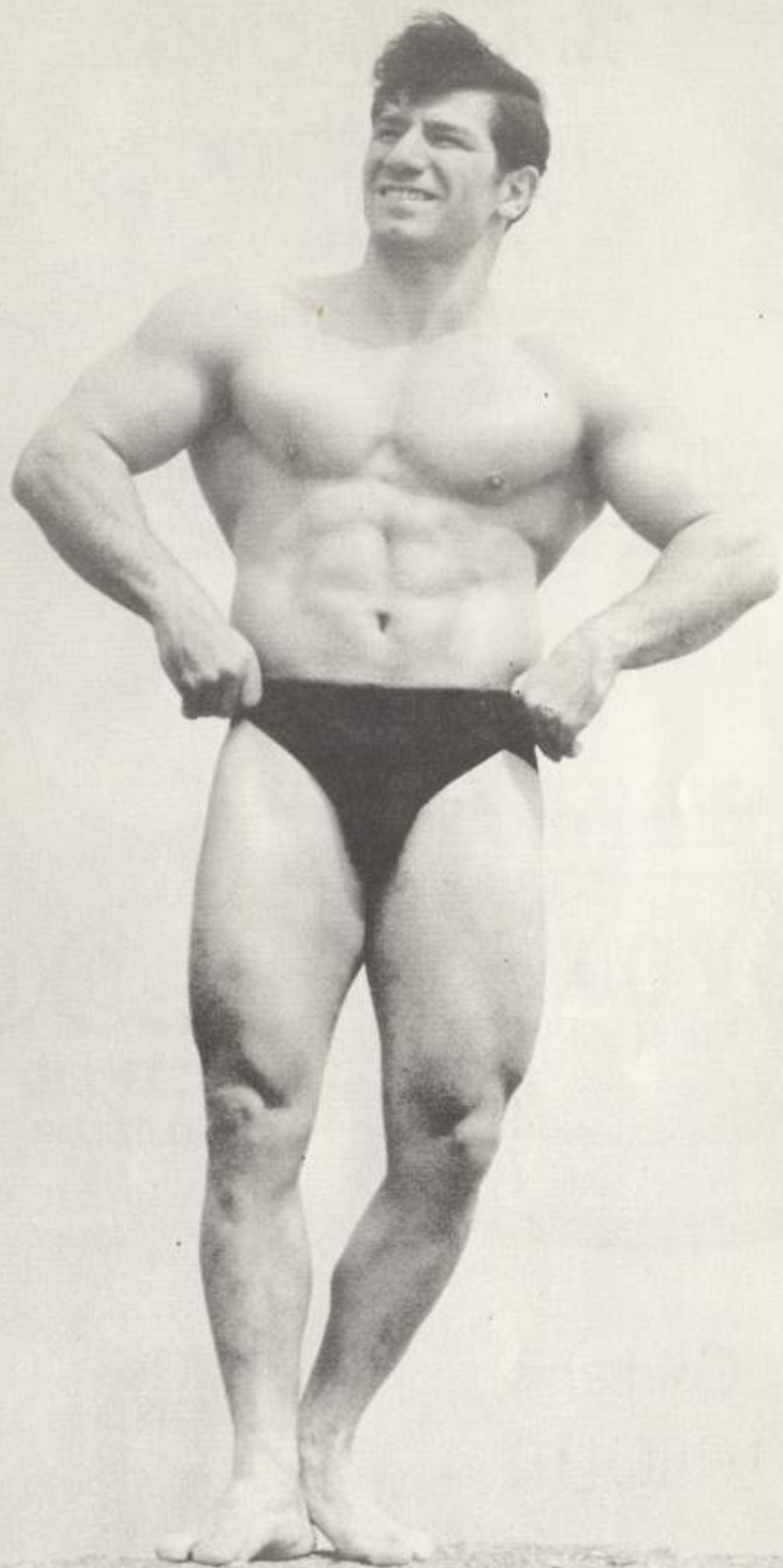
ALLAN BARRY



AL BERMAN - Former Mr. N.Y.C. title winner. Now he took up boxing - may make a career of it.



ANDY BOSTINTO - Trains regularly at home. Although Andy is of a light bone structure, he is a strong, ambitious all-round athlete.



BUK KARTILIAN - TV Star, a well known body builder. He won numerous contests and awards for his arm development.



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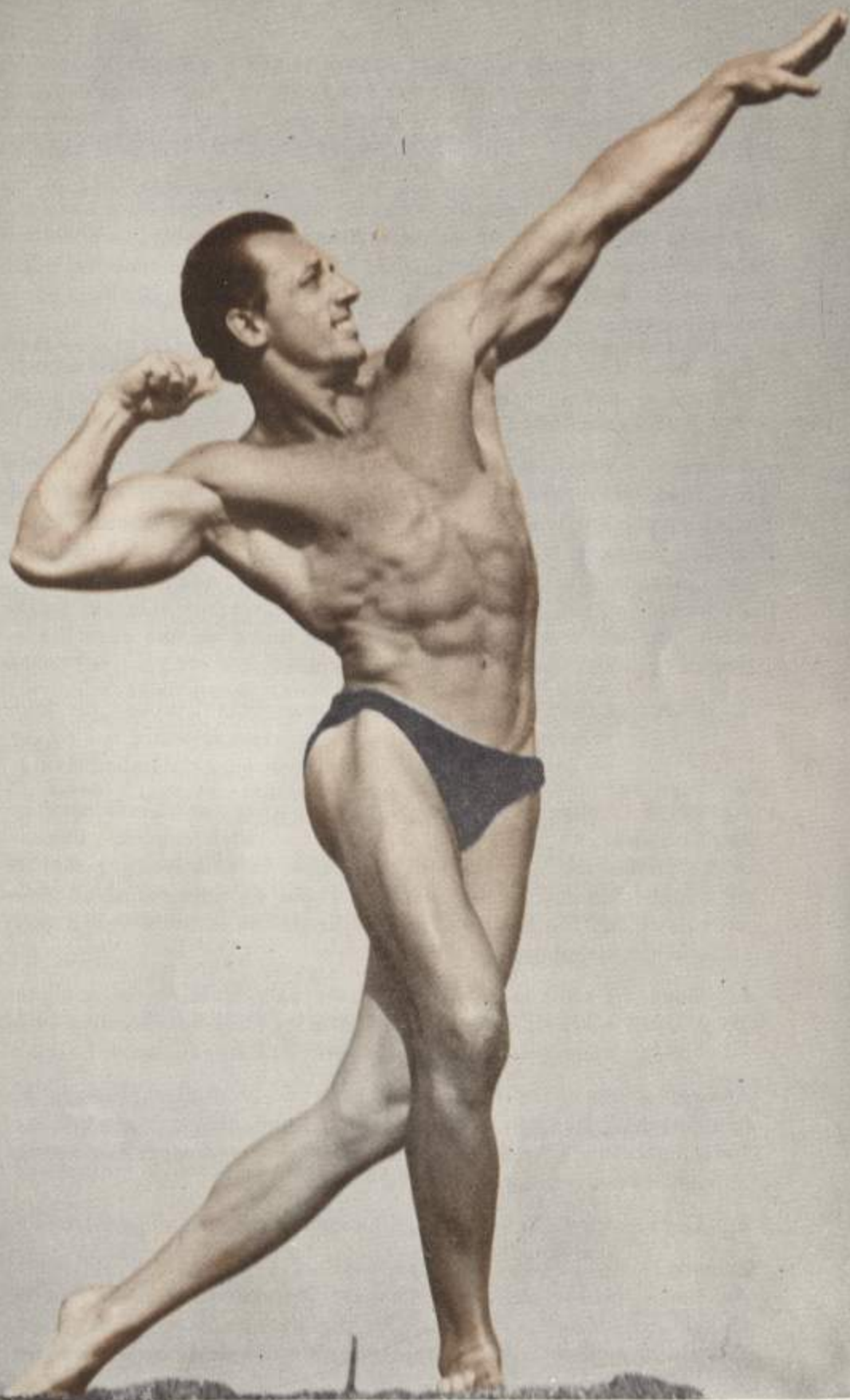
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ARMAND OZON – Winner of many contests, too numerous to mention. He is an interpretive dancer and former member of a famous adagio team.

QUESTIONS & ANSWERS

1. **Ques.** Does a man have to keep on training for the rest of his life to keep his physique?

Answer — Not necessarily, meaning that a man does not have to follow a routine as strict as the one he was following, to build up his physique. But I do recommend at least one exercise for each part of the body at least once or twice a week about 10 times each exercise to keep body in shape.

2. **Ques.** How long must a man train before he has a good enough physique to enter contests or take physique shots for magazines?

Answer — The first year of your training is the foundation of the physique. From then on each individual will improve in a different manner; some will make terrific gains in the next 6 months, some in the next year. If you or anyone else has at least 3 to 5 years of good, earnest training, then it would be to your advantage to enter a contest and can rate quite high. As for physique shots in magazines you can send them in at any time since we use case histories of beginners and their improvements.

3. **Ques.** I have been training to loose weight around the mid-section but instead I got a heavier appetite and I keep on gaining weight. What do you suggest I should do?

Answer — I suggest that if you have an increase on your appetite don't be afraid to eat. "But" do not eat too much starches, sweets or ice cream, that's what puts on weight. In your training routine try a higher amount of movements and also try doing some abdominal raises and leg raises before going to bed at night and if possible in the morning also.

4. **Ques.** I am a slim fellow, I have been training for one year with light weights. And all I have to show for it is slim muscularity. What can I do to gain some bulk?

Answer — In my opinion, I find that you have already built the foundation of your physique even though you did not train correctly for bulk. In the next year try a lower amount of repetitions about 10 and heavier weights for bulk.

5. **Ques.** How does a man go about becoming a weight-lifter or body builder?

Answer — If the man does not have a set of weights he should try and get himself a set since he can receive Instructions on Bodybuilding or Weightlifting which explain how to start off in these

sports. Or there are Y.M.C.A.'-s and many Gymnasiums which have instructors and weights. If at anytime some problems should arise there are always consulting editors from physique and lifting magazines who will be willing to help if possible.

6. Ques. Can a person get ruptured from lifting weights ?

Answer — Yes, if the person tries to lift more than he can handle. And also if the weight is not lifted properly.

7. Ques. Who was Mr. America of 1943 ?

Answer — Jules Bacon, who has a wonderful physique until this day.

8. Ques. How can I increase extra poundages on my lifts ?

Answer — Try less repetitions with more weights until you reach the amount of repetitions you were doing in your training. Then start over again.

9. Ques. I do heavy work during the day. When I come home at night I'm very tired and can not get enough energy to take a workout. Is there a program a fellow in my position can follow ?

Answer — If you try lying down and relaxing for about one hour then take some honey (about 1 tablespoon); this will give you quick energy. Also to rest a little longer between exercises might be helpful.

10. Ques. Can you straighten me out on the difference between the Biceps Femorus and the Biceps ?

Answer — The Biceps Femorus is the back of the upper leg which controls the bending of the lower leg while the Biceps is the upper arm which controls the bending of the lower arm.

**SEND ANY GOOD PHOTOS OF YOURSELF AND RELEASE RIGHTS TO
PRINT SAME IF USABLE.**

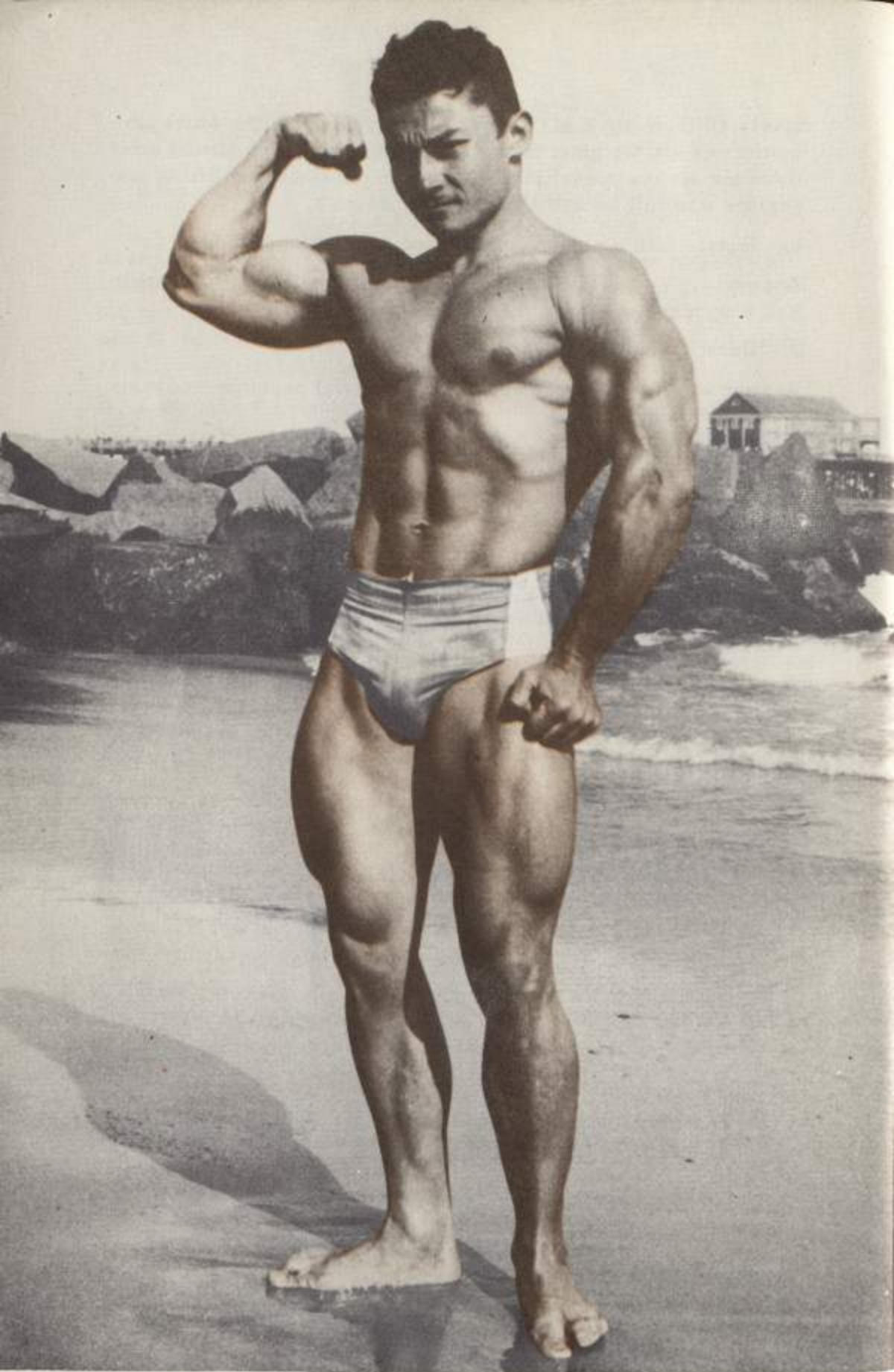
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is dedicated towards a peaceful world. May it be of some small help in granting serenity to accept the things we cannot change, the courage to change the things we can and wisdom to know the difference.

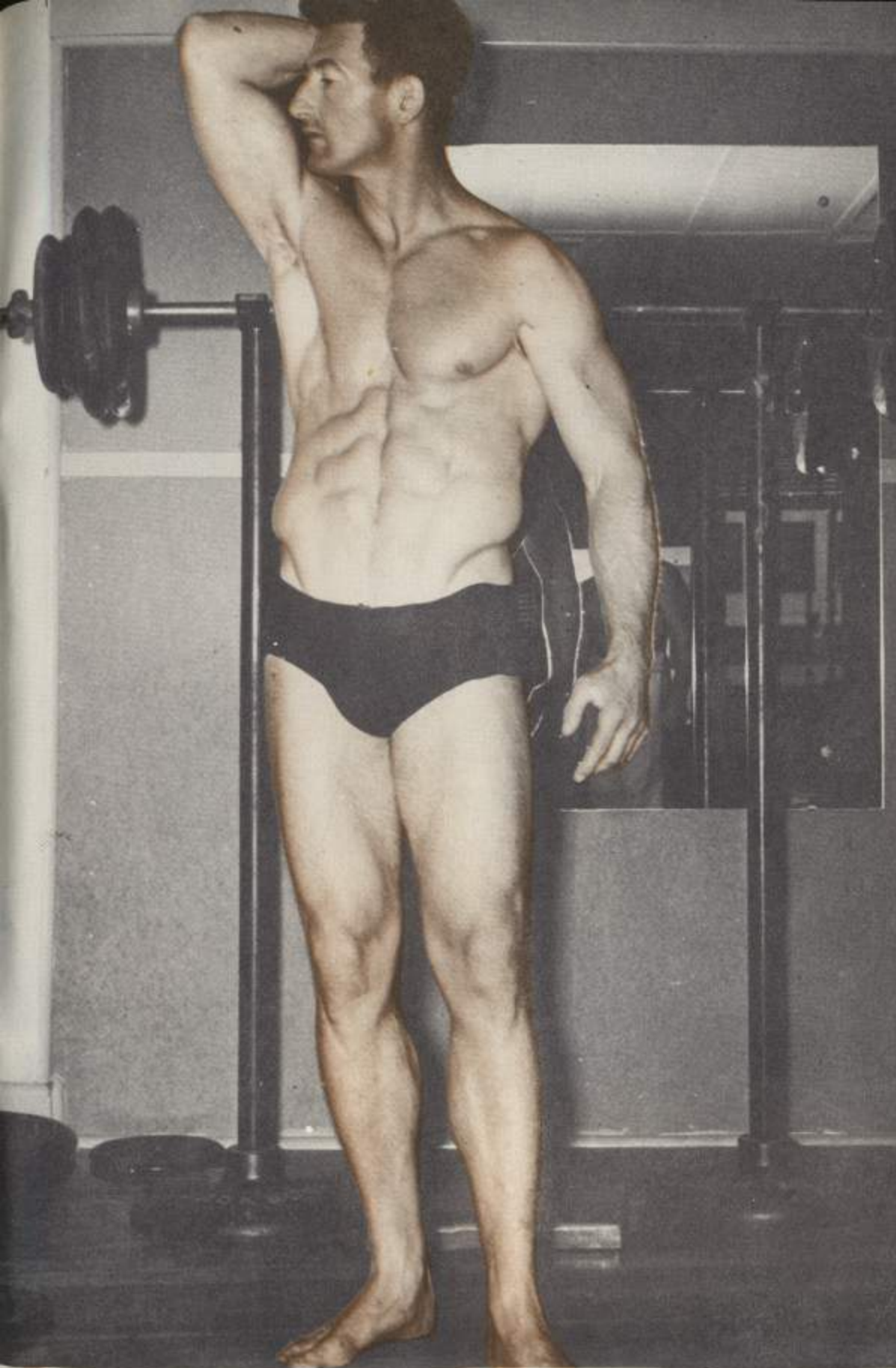
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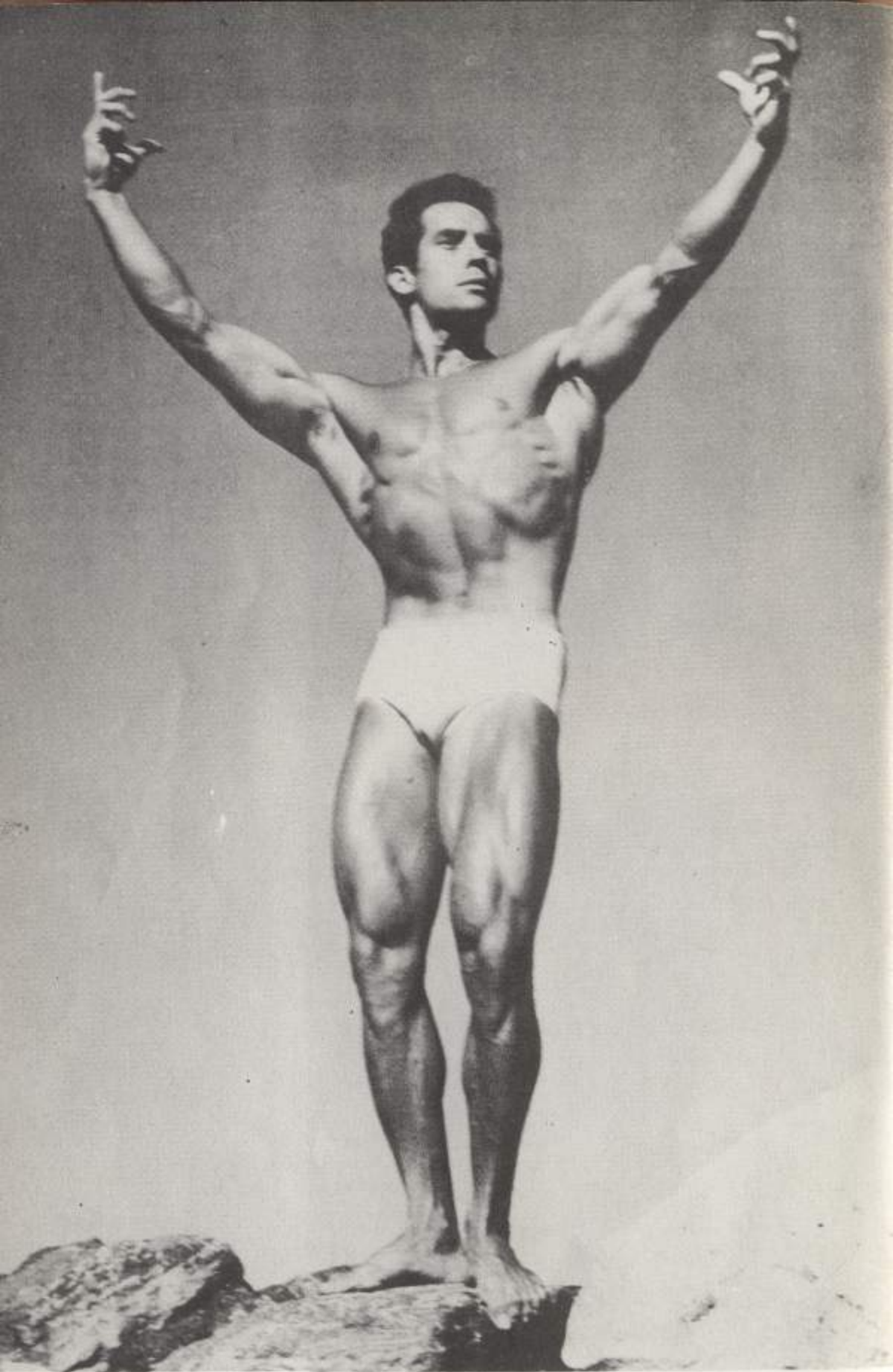
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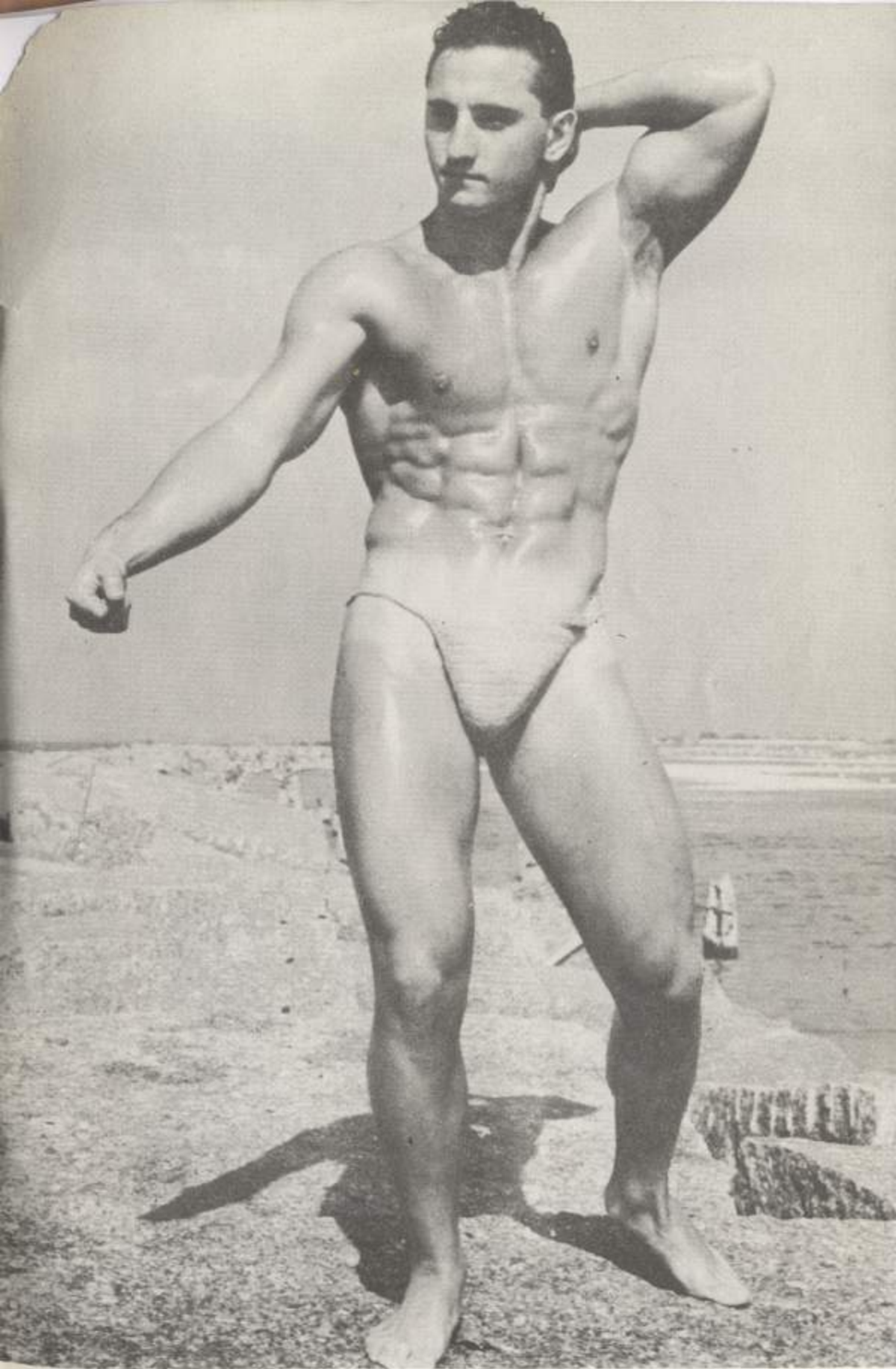
JOSE ORVILLA



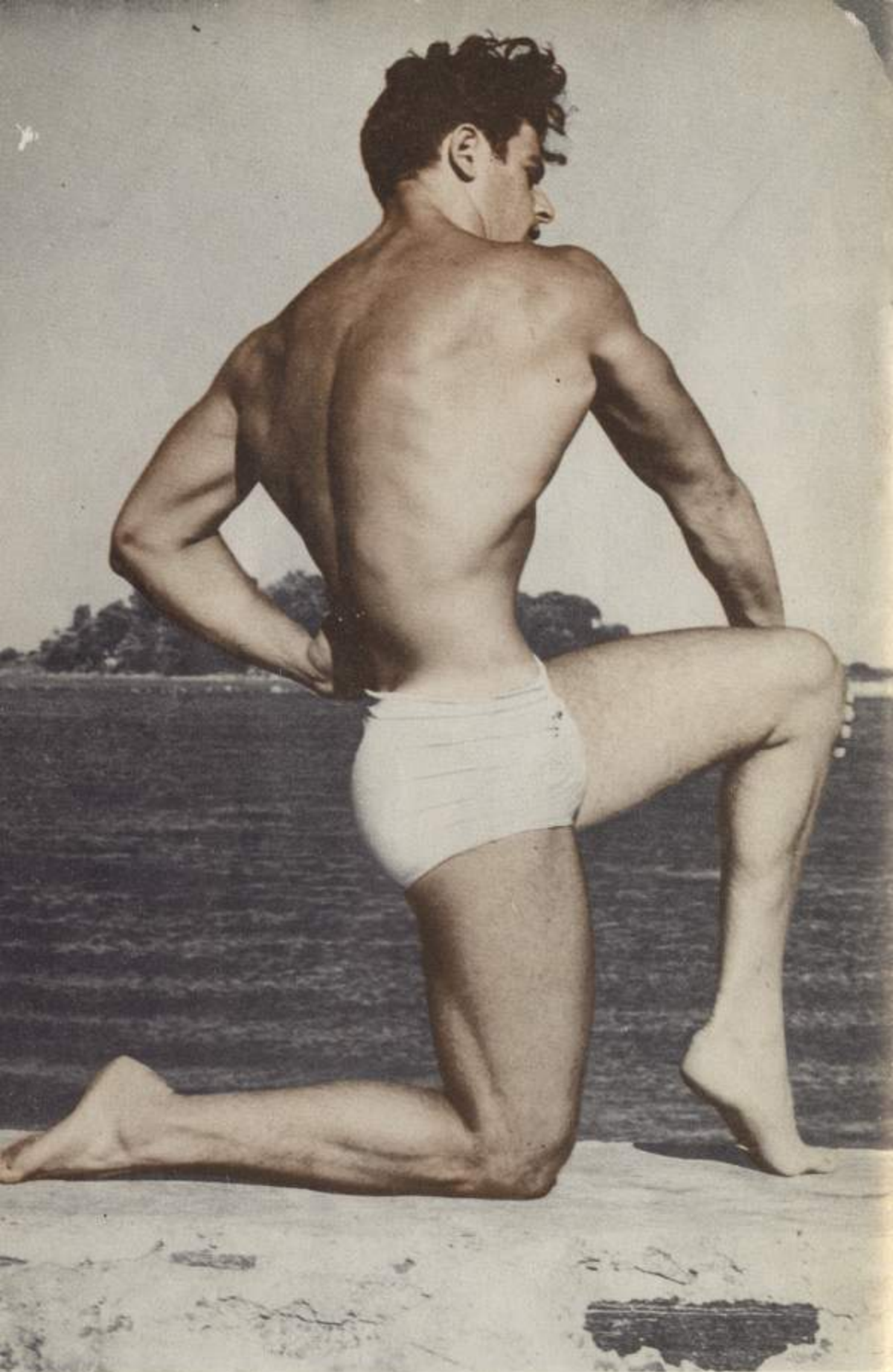
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BILL CERDAS



SID LOEV



MARTY KATZ